

MONDAY SCHEDULE

TIME	CLASS	CHANGES
6:00 AM	BREAKFAST	
6:20 AM	MORNING DUTIES	
6:50 AM - 7:40 AM	PRAYER/PRAISE AND WORSHIP	
7:50 AM-8:30 AM	GRATITUDE/QUIET TIME JOURNALLING	
8:45 AM-11:00 AM 11:15 AM	SOCIO-GRAM	
11:15 AM-11:45 AM 12:00 PM	WORKOUT LUNCH	WALK/TRAINING
12:30 PM - 4:00 PM 2:30 PM-2:45 PM	WORK CALL WORK CALL BREAK	
4:30 PM-5:15 PM	PURPOSE DRIVEN/BIBLE STUDY	
6:00 PM	DINNER	CR EVERY OTHER MONDAY DINNER 5:15
7:00 PM	NIGHT CLASS	

